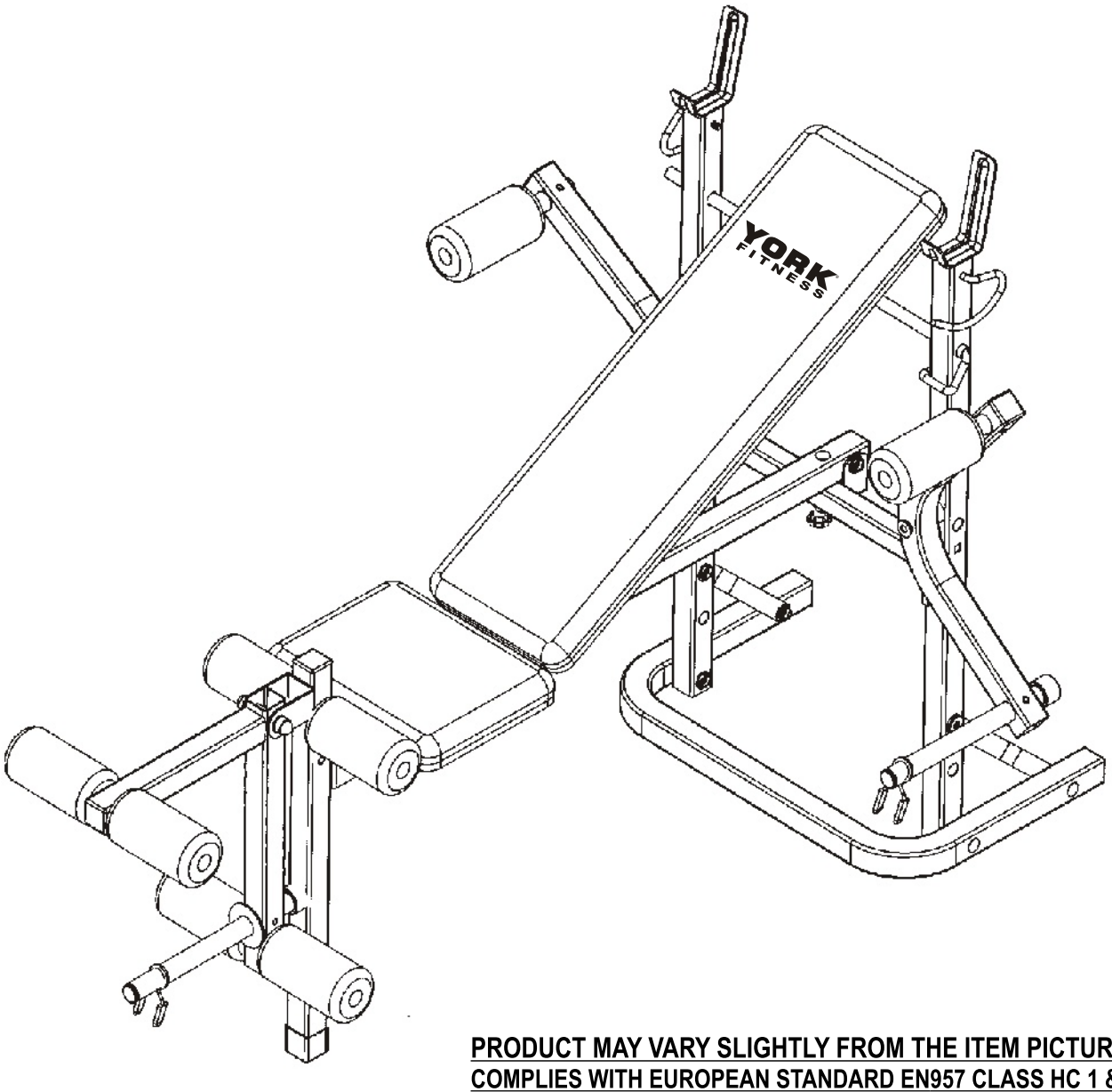
YORK®
FITNESS
501

BENCH + FLY

yorkfitness.com



PRODUCT MAY VARY SLIGHTLY FROM THE ITEM PICTURED
COMPLIES WITH EUROPEAN STANDARD EN957 CLASS HC 1 & 4

INSTRUCTION MANUAL

30/05/05

BEFORE ASSEMBLY

This must be read before you start assembling this unit.
Great care has been taken in design and how to assemble this unit. All bags of nuts and bolts have been packed with ease of assembly in mind. You must follow the assembly instructions exactly as outlined.

You will need at least one person to help you assemble this bench. Assemble this bench starting at the beginning and work to the end. The assembly instructions are set out so that you are only doing one section at a time, therefore you will finish one section and move on to the next.
Do **not** do what most people do, when all else fails they read the assembly instructions. If something is missing when assembling this bench, we will require the batch number (located on a sticker on the back of the upholstery). If the parts you are missing are from the bag then we will also require the information printed on the bag.
To help you assemble this unit we have used line drawings. Check the images for the exact positioning of the parts.
This bench will need to be checked at least once a week nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

TOOLS NEEDED TO ASSEMBLE YORK 501 BENCH

a) Spanner:- 1 x 1/2"
1 x 7/16"
2 x 9/16"
1 x 5/8"
or 2 adjustable spanners

b) Slotted Screwdriver
PLIERS SHOULD NOT BE USED!!

NOTE

Maximum weight limits

Bench -	Flat -	200 Kgs (INCLUDES BODYWEIGHT)
	Inclined -	200 Kgs (INCLUDES BODYWEIGHT)
	Leg Extension -	35 Kgs

You can also purchase the following accessories:-
Curl + Lat Attachment

This machine should be assembled finger tight in the beginning to allow for proper alignment. This equipment has been supplied with some nylon locknuts. It is essential that the nuts are fully tightened onto the bolts, so that the bolts penetrates through the nylon insert in the nut and the nut locks up against the tubing.

WARNING:

It is important that you do not destroy these instructions, they will need to be kept for further reference

WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!

WARNINGS:

1. Always consult your doctor before undertaking any exercise program.
2. Ensure that all nuts and bolts are fully tight before using any exercise equipment.
3. Always wear suitable clothing and footwear e.g. tracksuit and training shoes.
4. Children should not be allowed on or around the machinery or equipment, even when not in use.
5. After eating allow 1 to 2 hours prior to exercising.
6. Always warm up well before exercising as this will prevent straining muscle.
7. Always read and follow the manufacturers assembly and user instructions.
8. Remove jewellery, rings, chains and pins before exercising.
9. Check for full engagement of locking pins.
10. Check that any of the adjustment devices are not projecting.
11. Give special attention to the cables, pulleys and locking devices as they may wear.
12. Injuries to health may result from incorrect or excessive training.
13. Always use your gym on a flat level surface.
14. Always use your gym in adequate space e.g. at least 2ft. (60cm) clearance on each side and front (the rear can be close to a wall).
15. We recommend you never lift weights alone. There should always be someone available to assist you. Training with others can help motivate you.

N.B. This list should not be taken as exhaustive

CARE & MAINTENANCE

1. Use a warm, damp cloth to keep upholstery clean.
2. Always make sure that item 17 (incline adjustable post) is in all the way and the locking device is engaged.
3. When the bench is used in the flat position item 17 should be removed and inserted in the lowest holes in item 2 & 3 (side posts)
4. Before every training session, the equipment should be inspected for loose, worn or missing parts. To prevent possible injury, replace doubtful parts before resuming usage of the equipment.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

YORK FITNESS

Distributed by:
YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB, ENGLAND
GENERAL ENQUIRIES
TEL: (01327) 701800
CUSTOMER SERVICE HELPLINE
TEL: (01327) 701824
FAX: (01327) 706704
E-MAIL: helpdesk@yorkfitness.co.uk
yorkfitness.com

YORK FITNESS

Distributed by:
YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD
MINTO, N.S.W. 2566
SYDNEY, AUSTRALIA
GENERAL ENQUIRIES
TEL: (02) 9603 8444
FAX: (02) 9603 8555
E-MAIL: service@yorkfitness.com.au
yorkfitness.com

YORK FITNESS

Distributed by:
YORK BARBELL USA.
3300 BOARD ROAD,
YORK, PA 17402

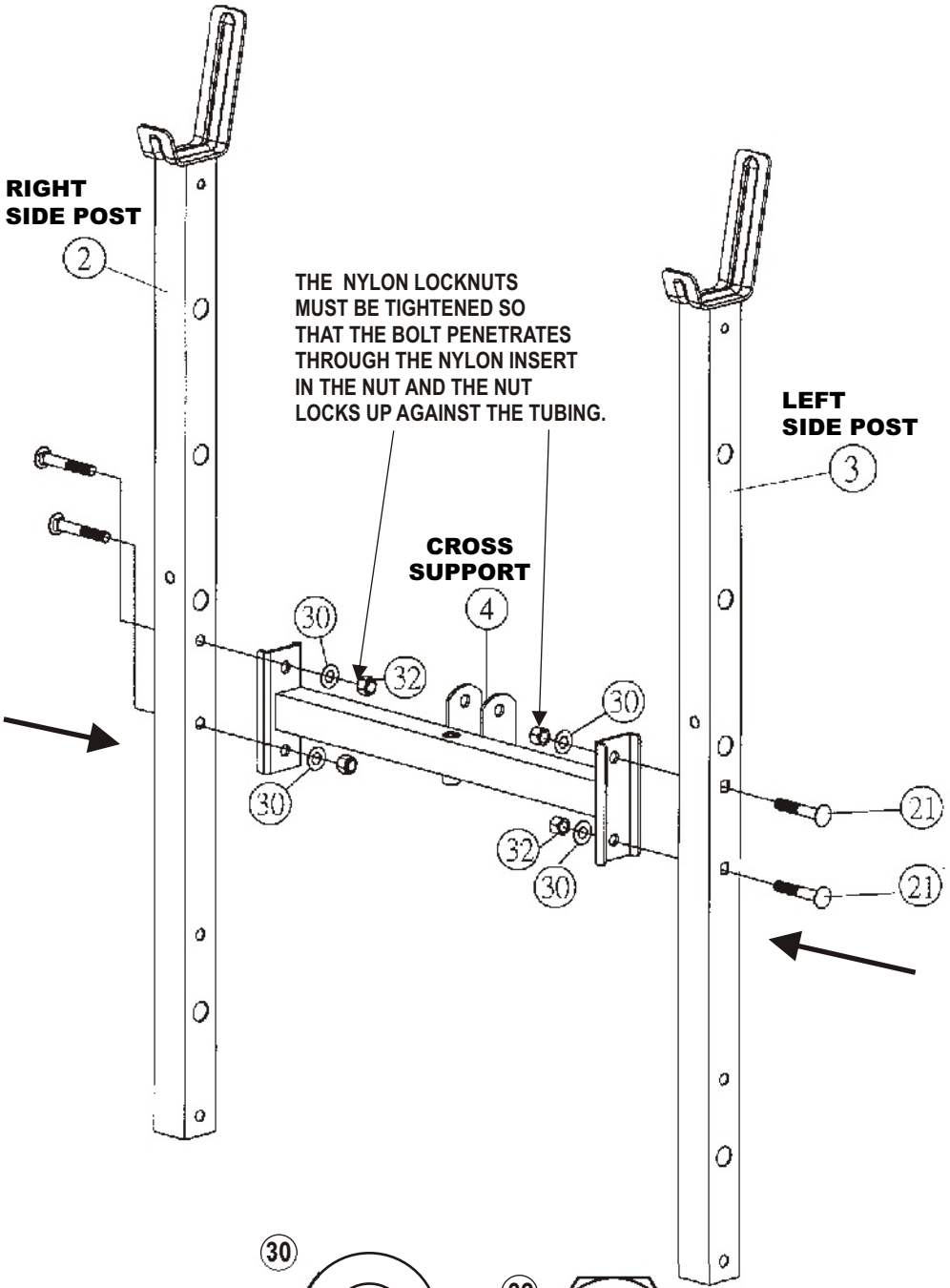
GENERAL ENQUIRIES
TEL: +1-717-767-6481
FAX: +1-717-764-0416
E-MAIL: info@yorkbarbell.com
yorkfitness.com

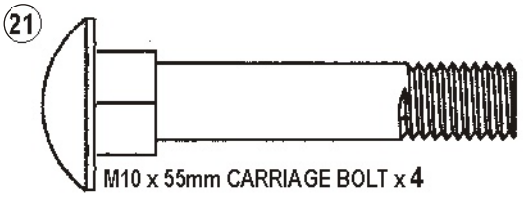
INSTRUCTION 1

COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.

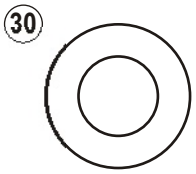
ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.

- **The square holes on the sides of RIGHT SIDE POST (2) and LEFT SIDE POST (3) should face outwards. Make sure bracket of CROSS SUPPORT (4) is facing backwards.**

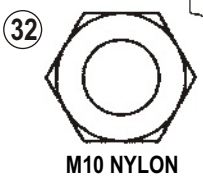

RIGHT SIDE POST
2
THE NYLON LOCKNUTS MUST BE TIGHTENED SO THAT THE BOLT PENETRATES THROUGH THE NYLON INSERT IN THE NUT AND THE NUT LOCKS UP AGAINST THE TUBING.
LEFT SIDE POST
3
CROSS SUPPORT
4
30
32
21



M10 x 55mm CARRIAGE BOLT x **4**



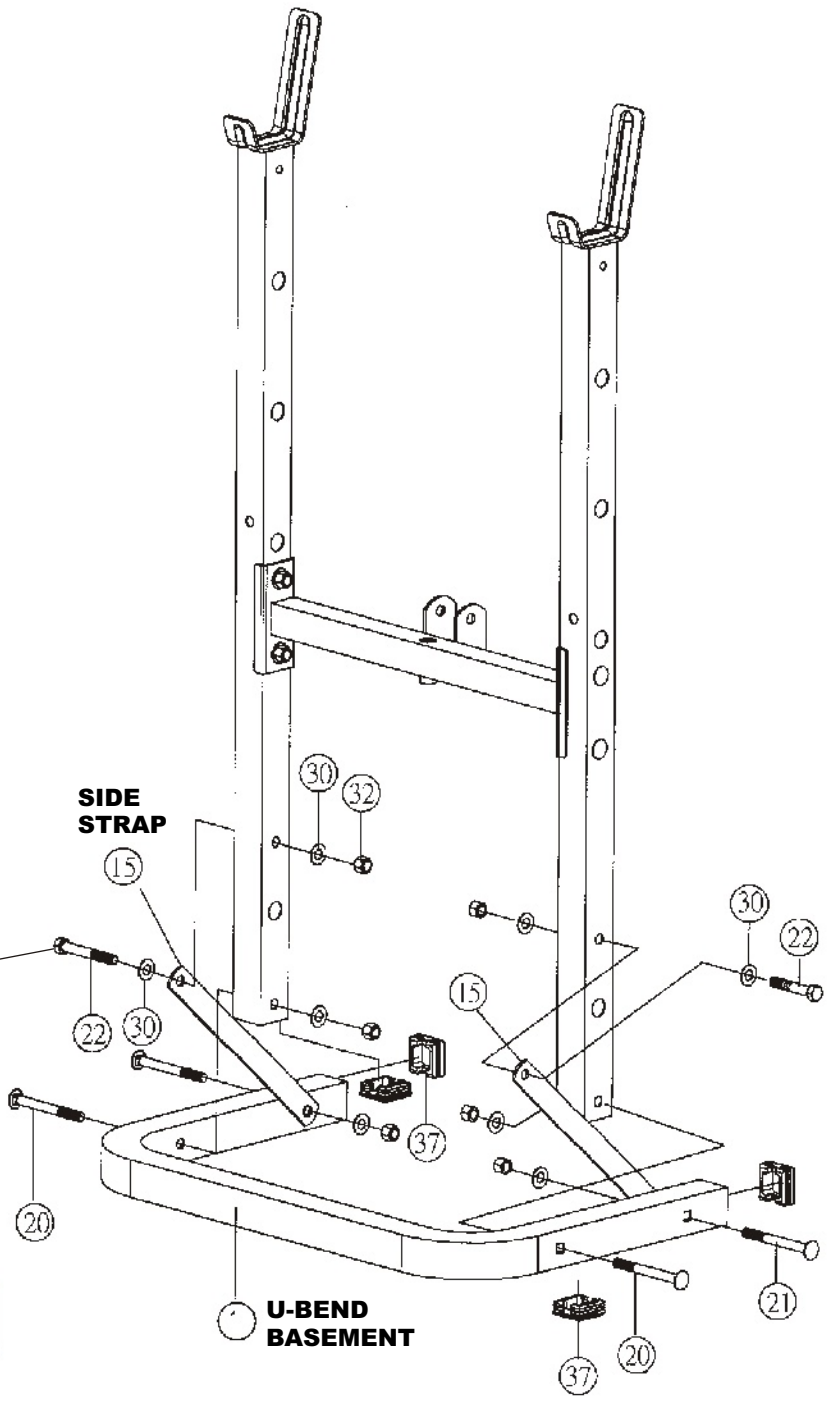
10.5 x 19mm x 1.5mm FLAT WASHER x **4**



M10 NYLON LOCKNUT x **4**

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

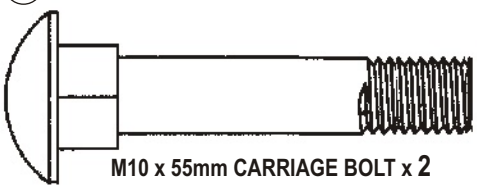
INSTRUCTION 2



IMPORTANT

N.B. MAKE SURE THIS HEX HEAD BOLT IS IN THE THIRD HOLE FROM THE BOTTOM OF U-BEND BASEMENT.

21

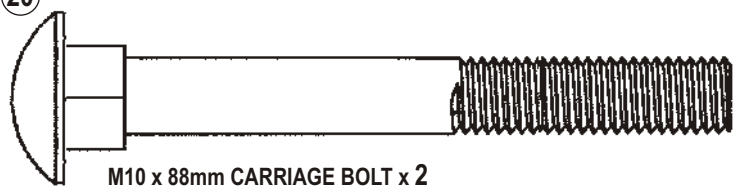


M10 x 55mm CARRIAGE BOLT x 2

22

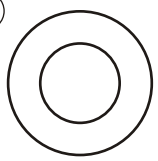
M10 x 55mm HEX HEAD BOLT x 2

20



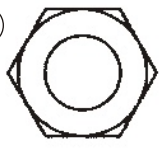
M10 x 88mm CARRIAGE BOLT x 2

30



10.5 x 19mm x 1.5mm
FLAT WASHER x 8

32



M10 NYLON
LOCKNUT x 6

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

INSTRUCTION 3

- COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING ON TO THE NEXT.

ASSEMBLE WITH NUTS AND BOLTS LOOSE AT FIRST.

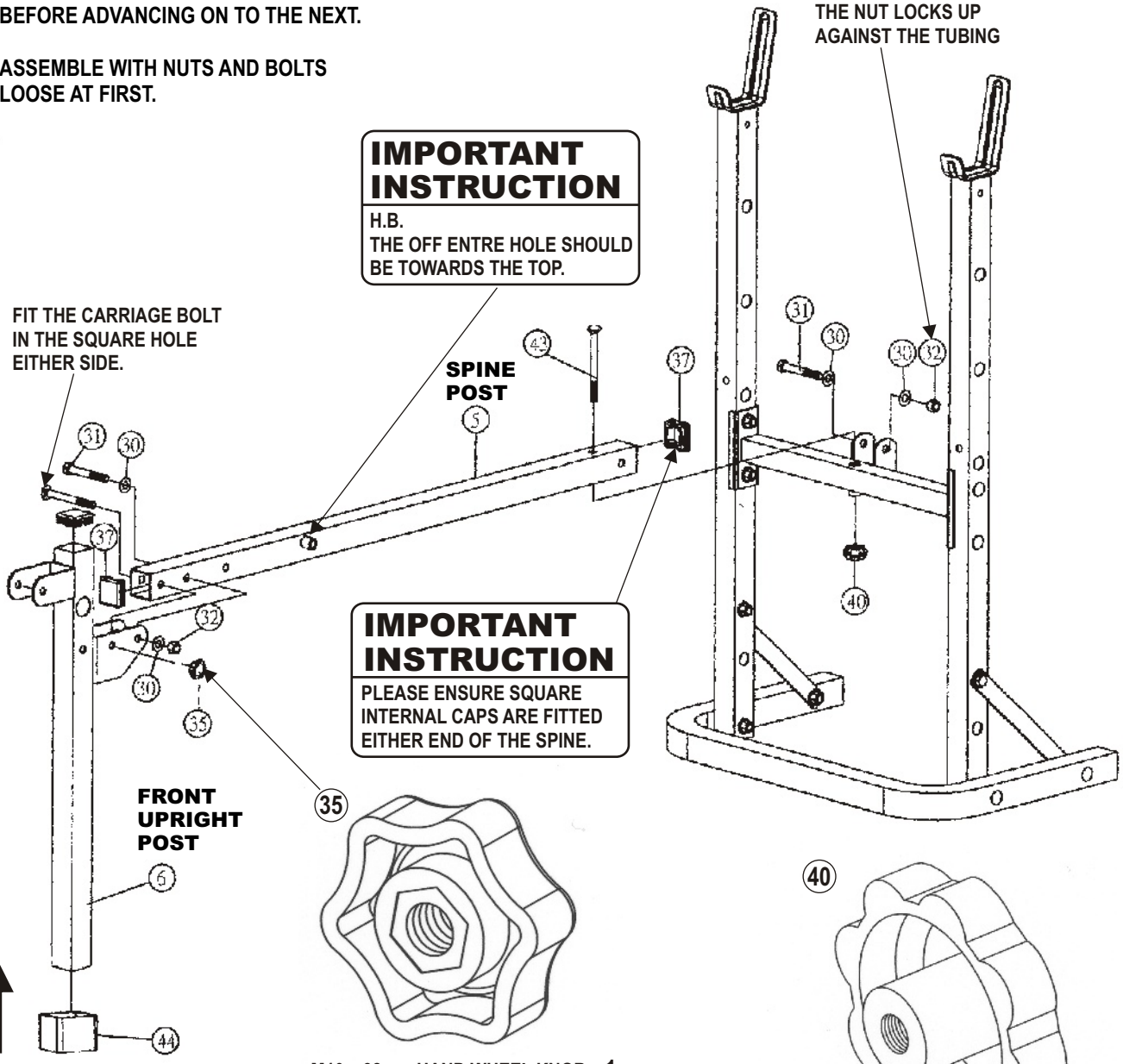
THE NYLON LOCK NUTS MUST BE TIGHTENED SO THAT THE BOLT PENETRATES THROUGH THE NYLON INSERT IN THE NUT AND THE NUT LOCKS UP AGAINST THE TUBING

IMPORTANT INSTRUCTION

H.B.
THE OFF ENTRE HOLE SHOULD BE TOWARDS THE TOP.

FIT THE CARRIAGE BOLT IN THE SQUARE HOLE EITHER SIDE.

SPINE POST

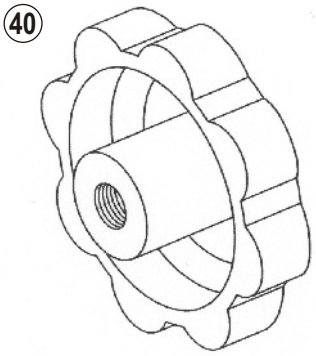


IMPORTANT INSTRUCTION

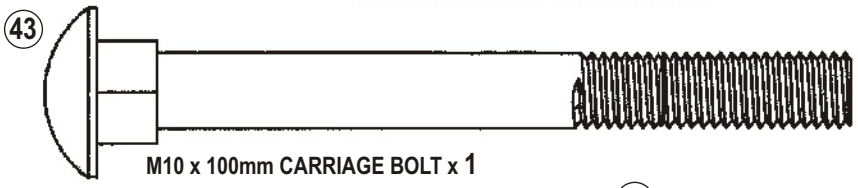
PLEASE ENSURE SQUARE INTERNAL CAPS ARE FITTED EITHER END OF THE SPINE.

FRONT UPRIGHT POST

M10 x 38mm HAND WHEEL KNOB x 1

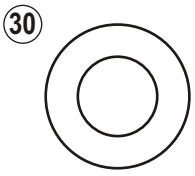


M10 x 60mm HAND WHEEL KNOB x 1

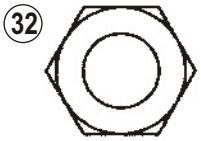


M10 x 100mm CARRIAGE BOLT x 1

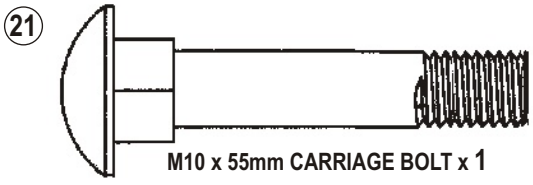
M10 x 60mm HEX HEAD BOLT x 2



10.5 x 19mm x 1.5mm FLAT WASHER x 4



M10 NYLON LOCKNUT x 2



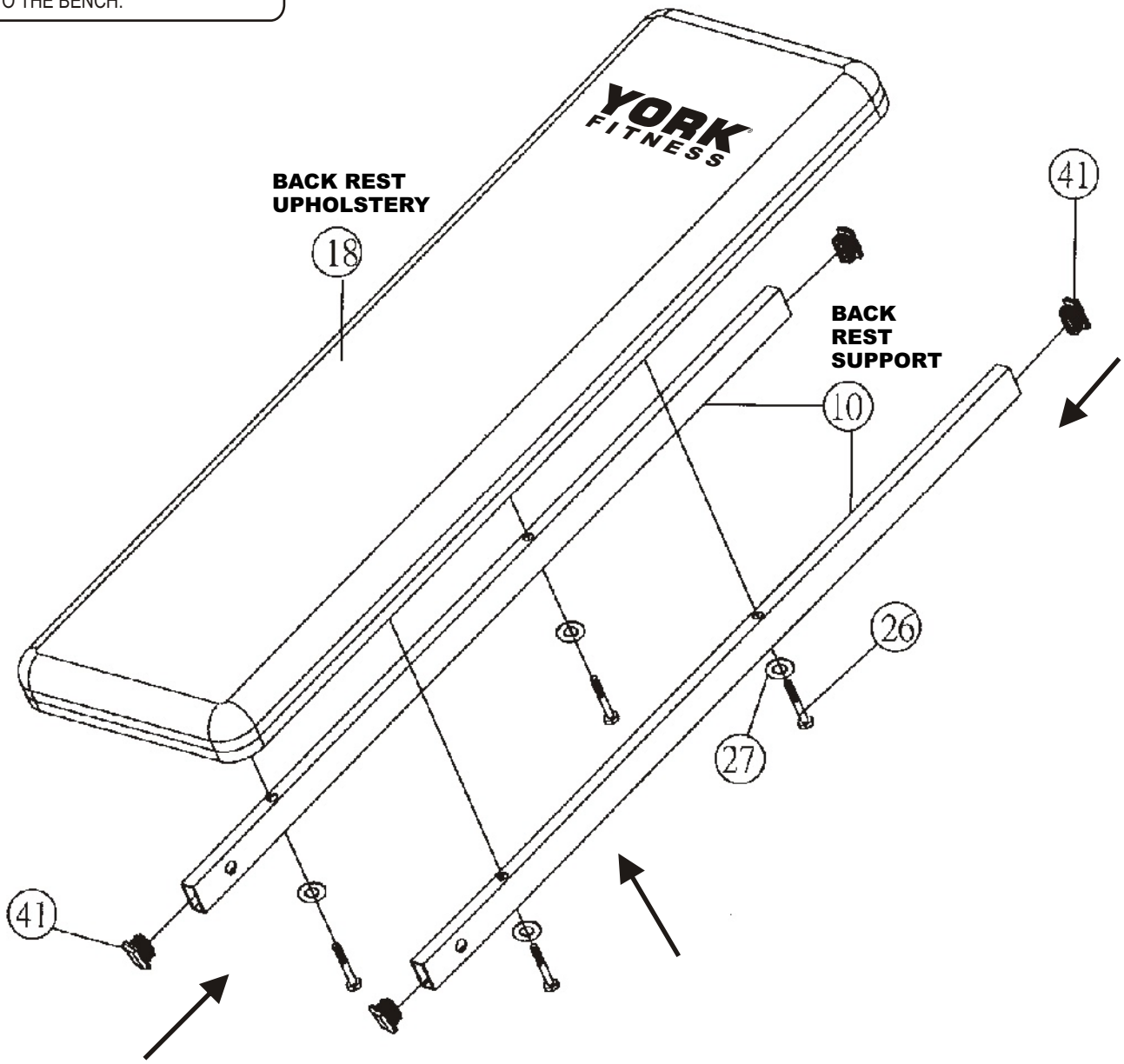
M10 x 55mm CARRIAGE BOLT x 1

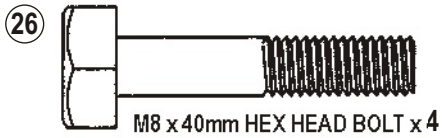
SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

INSTRUCTION 4

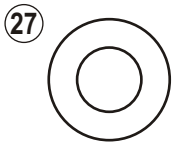
IMPORTANT

N.B. FIRST FASTEN BACKREST SUPPORTS (PART NO. 10) TO THE UPHOLSTERY (PART NO. 18). DO NOT TIGHTEN UNTIL THE SUPPORTS ARE FASTENED TO THE BENCH.



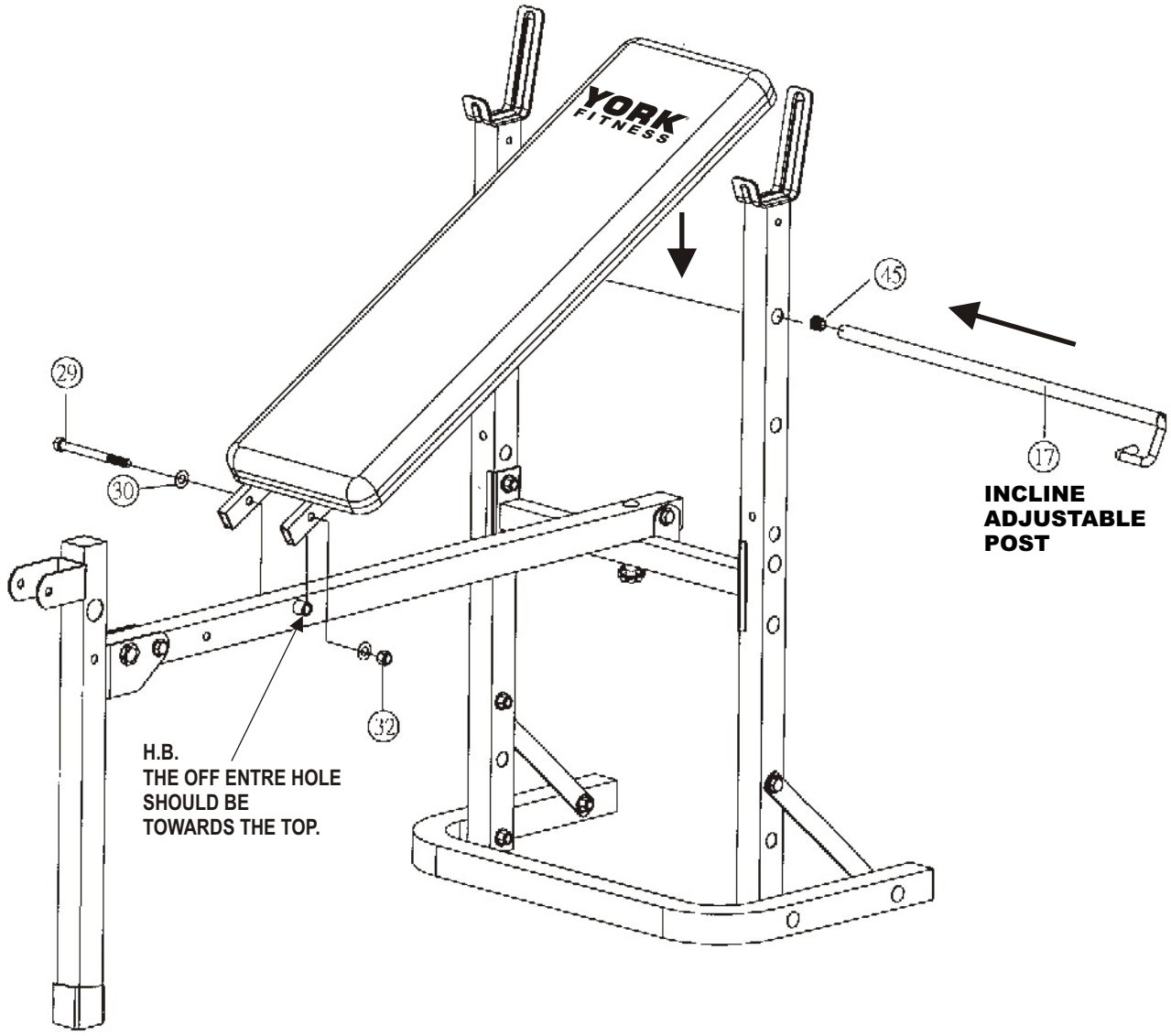


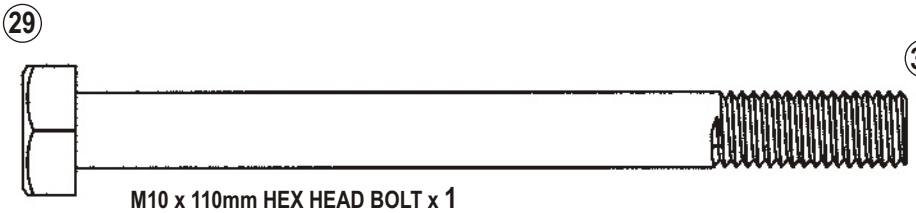
M8 x 40mm HEX HEAD BOLT x 4



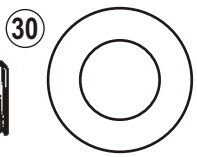
8.5 x 16mm x 1.5mm FLAT WASHER x 4

INSTRUCTION 5

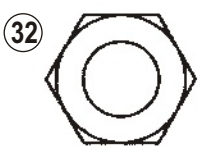




M10 x 110mm HEX HEAD BOLT x 1



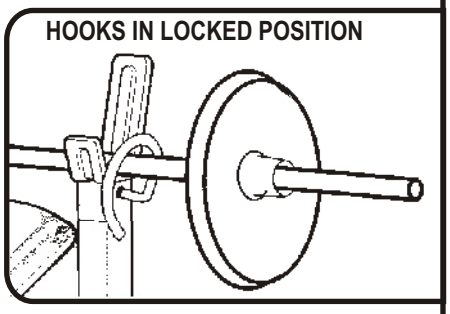
10.5 x 19mm x 1.5mm
FLAT WASHER x 2



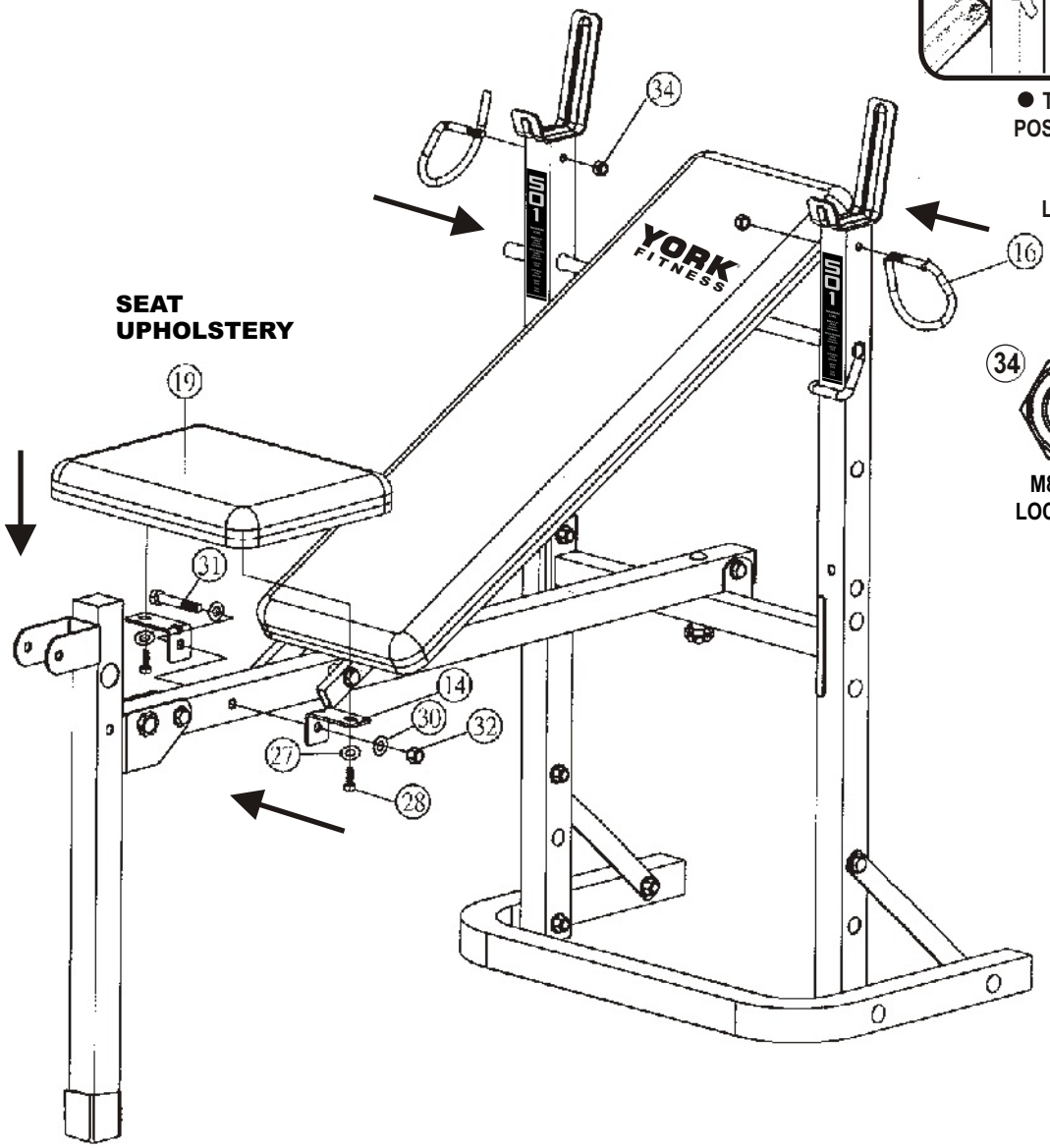
M10 NYLON
LOCKNUT x 1

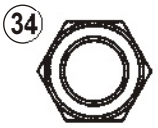
SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

INSTRUCTION 6

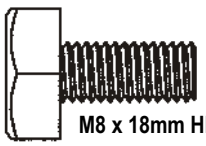


● THESE HOOKS SHOULD BE IN POSITION WHEN UNLOADING OR LOADING WEIGHTS. LARGE WEIGHTS SHOULD BE ONLY LOADED OR UNLOADED WITH BAR ON FLOOR.

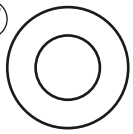




M8 NYLON LOCKNUT x 2

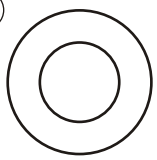


M8 x 18mm HEX HEAD BOLT x 2

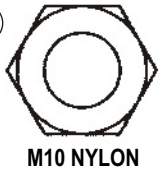


8.5 x 16mm x 1.5mm FLAT WASHER x 2

M10 x 60mm HEX HEAD BOLT x 1



10.5 x 19mm x 1.5mm FLAT WASHER x 2

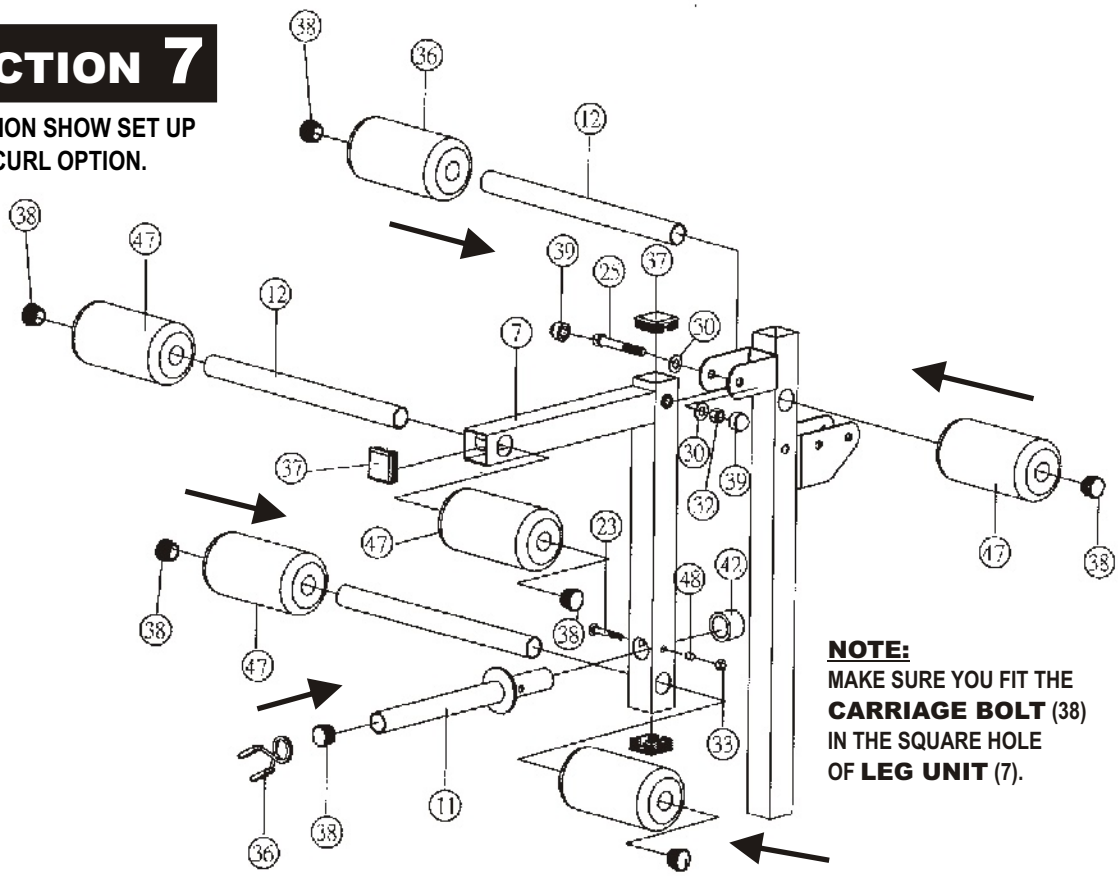


M10 NYLON LOCKNUT x 1

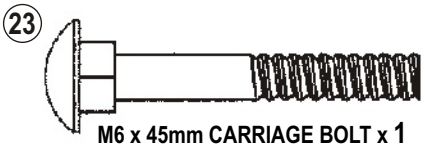
SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

INSTRUCTION 7

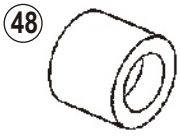
NOTE: INSTRUCTION SHOW SET UP FOR LEG CURL OPTION.



NOTE:
MAKE SURE YOU FIT THE **CARRIAGE BOLT** (38) IN THE SQUARE HOLE OF **LEG UNIT** (7).

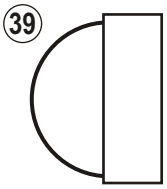


M6 x 45mm CARRIAGE BOLT x 1

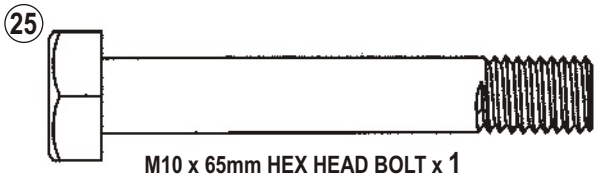


METAL BUSHING x 1

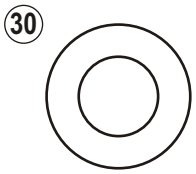
M6 NYLON LOCKNUT x 1



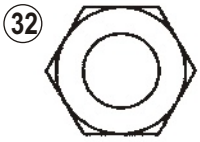
M10 NUT CAP x 2



M10 x 65mm HEX HEAD BOLT x 1

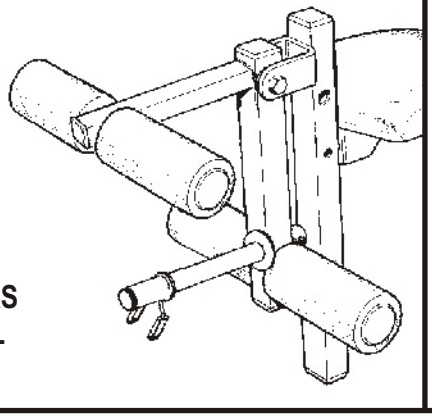


10.5 x 19mm x 1.5mm FLAT WASHER x 2

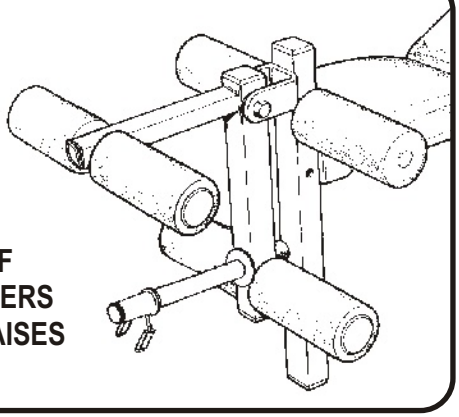


M10 NYLON LOCKNUT x 1

POSITION OF FOAM ROLLERS



POSITION OF FOAM ROLLERS FOR LEG CURL EXERCISES



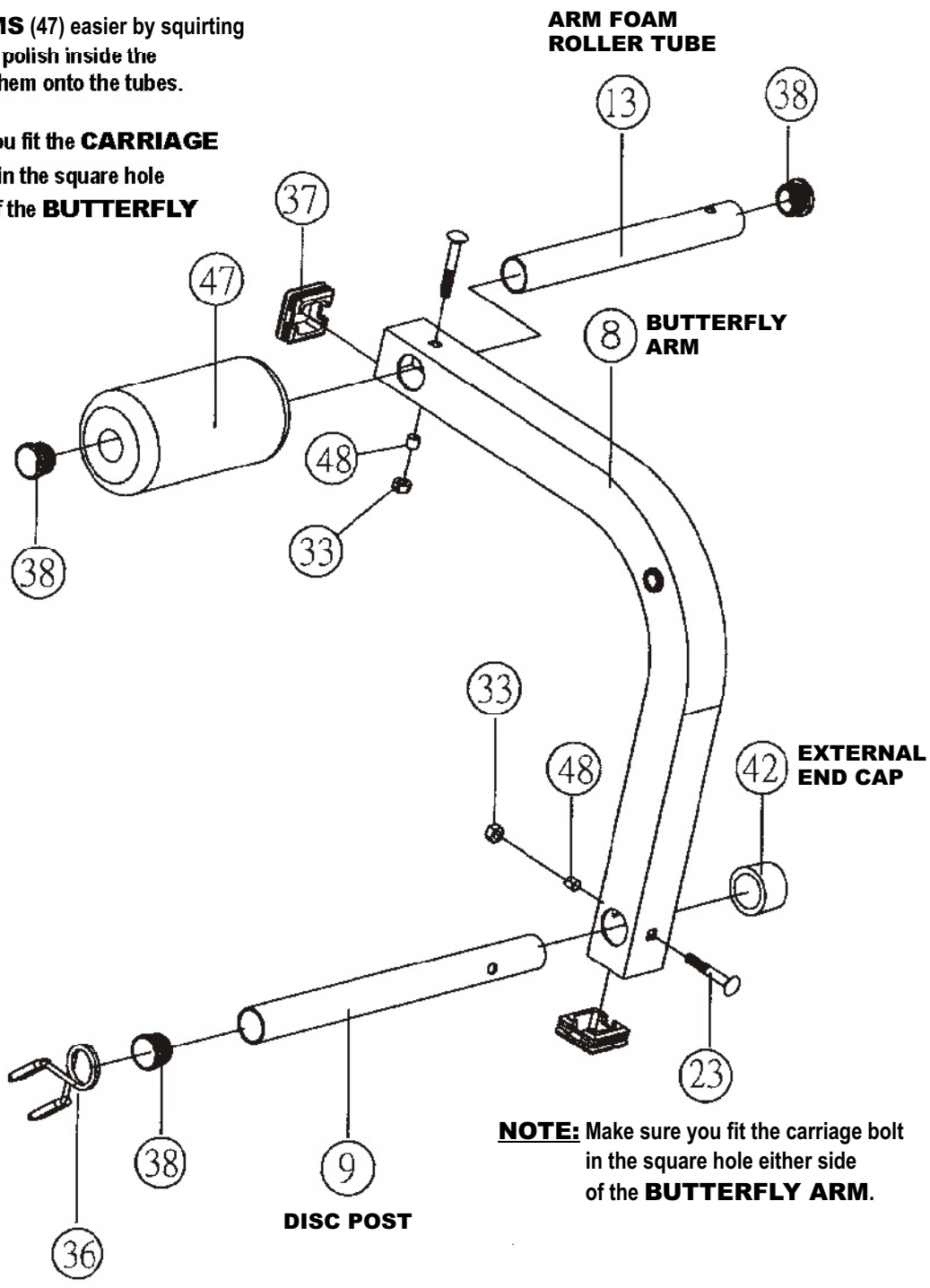
POSITION OF FOAM ROLLERS FOR LEG RAISES EXERCISES

INSTRUCTION 8

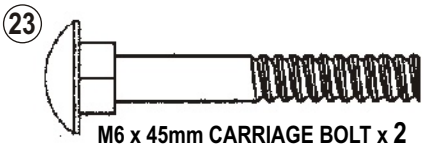
- Follow the same procedure as shown to assemble both **BUTTERFLY ARMS** (8).

- You can fit the **FOAMS** (47) easier by squirting a little household wax polish inside the foams before sliding them onto the tubes.

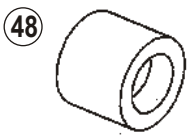
NOTE: Make sure you fit the **CARRIAGE BOLT** (23) in the square hole either side of the **BUTTERFLY ARM** (8).



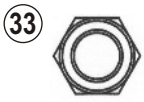
NOTE: Make sure you fit the carriage bolt in the square hole either side of the **BUTTERFLY ARM**.



M6 x 45mm CARRIAGE BOLT x **2**



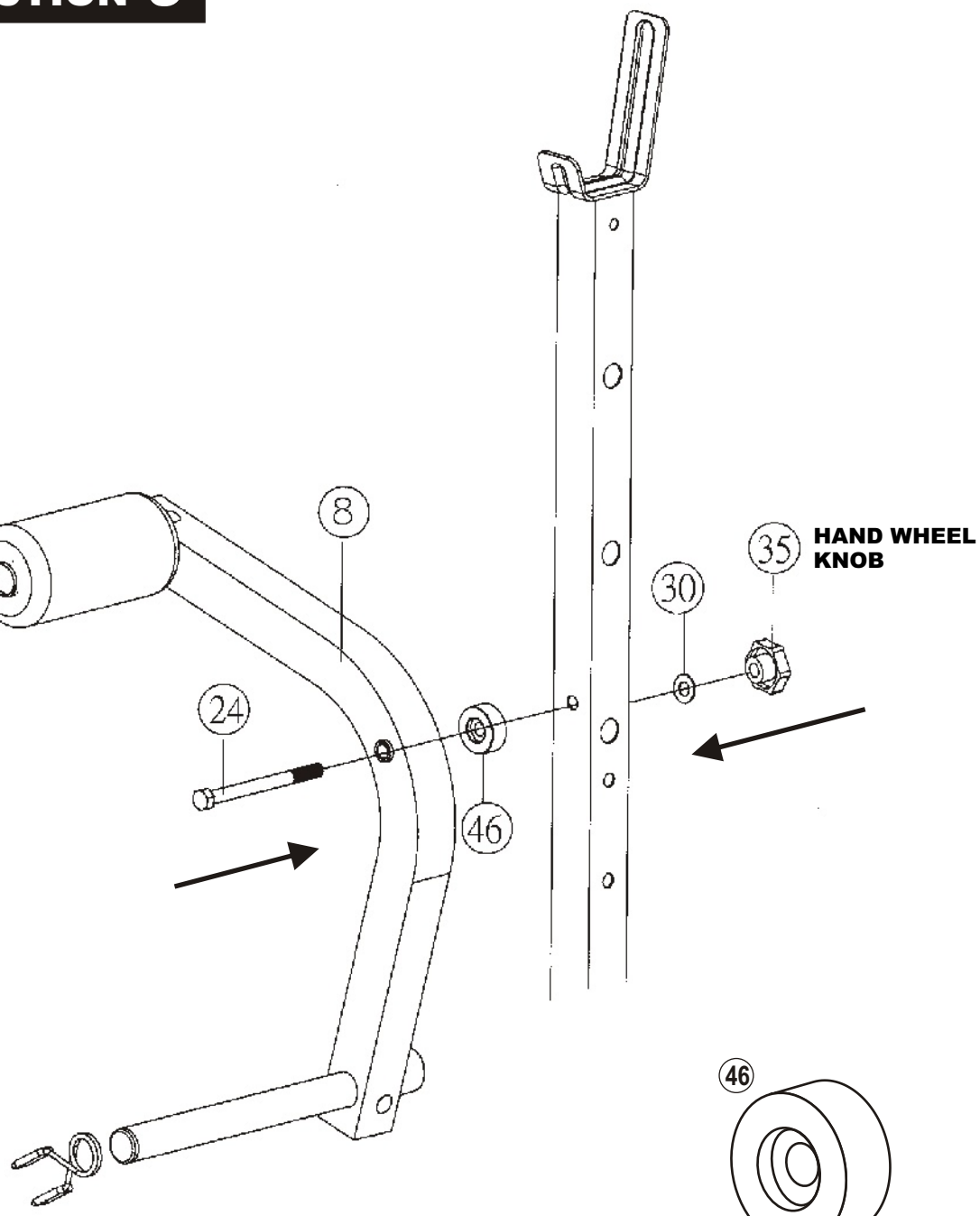
METAL BUSHING x **2**

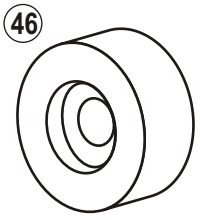


M6 NYLON LOCKNUT x **2**

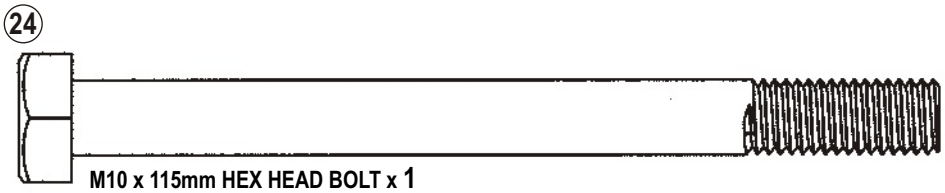
SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

INSTRUCTION 9

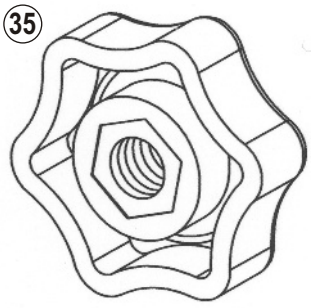




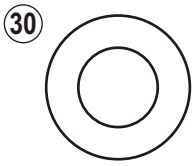
PIVOT SPACER x 1



M10 x 115mm HEX HEAD BOLT x 1



M10 x 38mm HAND WHEEL KNOB x 1

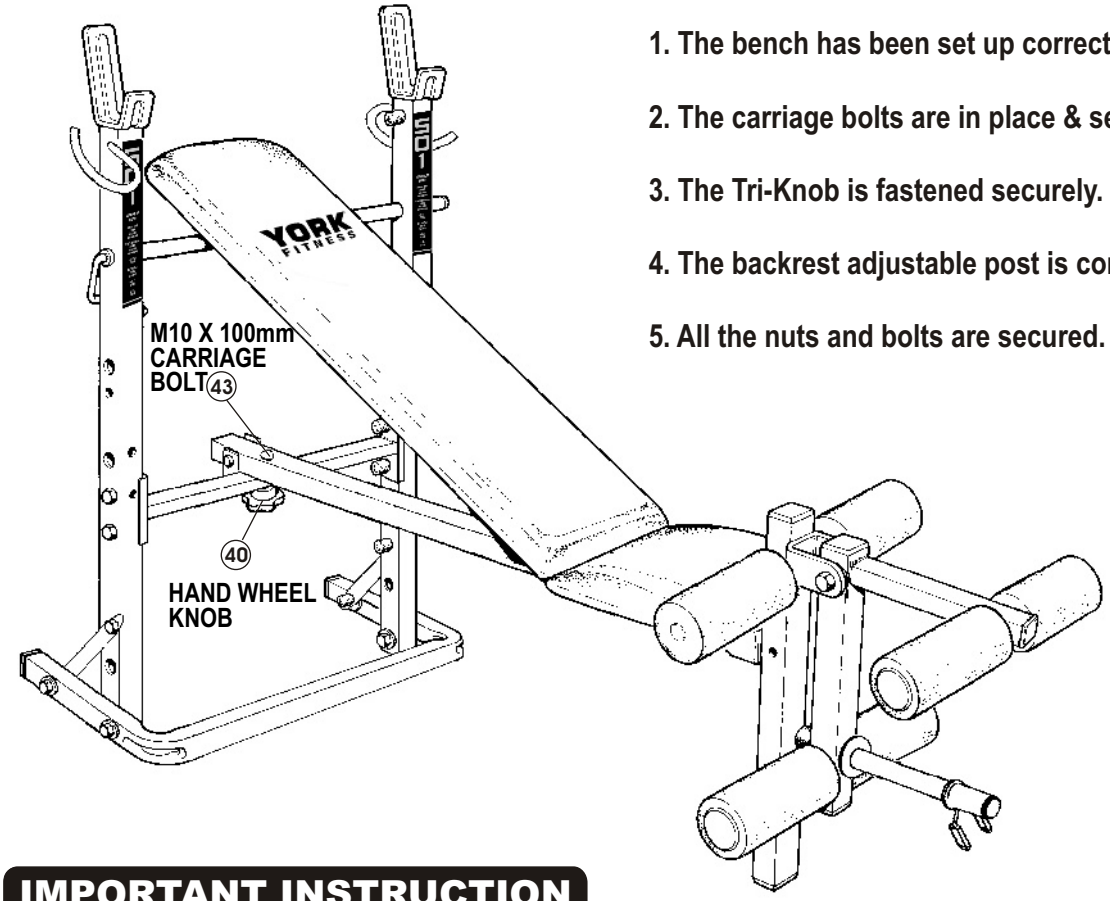


10.5 x 19mm x 1.5mm
FLAT WASHER x 1

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

IMPORTANT INSTRUCTION

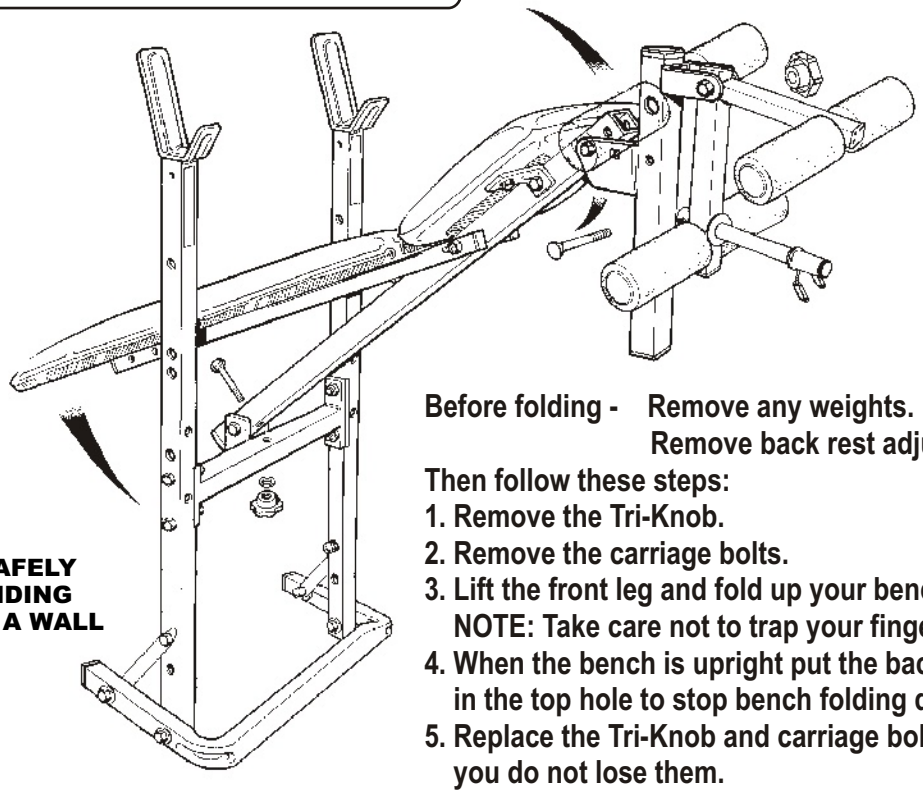
BEFORE USING YOUR BENCH EACH TIME CHECK THAT:-



1. The bench has been set up correctly as shown.
2. The carriage bolts are in place & secure.
3. The Tri-Knob is fastened securely.
4. The backrest adjustable post is correctly in position.
5. All the nuts and bolts are secured.

IMPORTANT INSTRUCTION

HOW TO FOLD UP YOUR BENCH THAT:-



STORE SAFELY e.g. STANDING NEXT TO A WALL

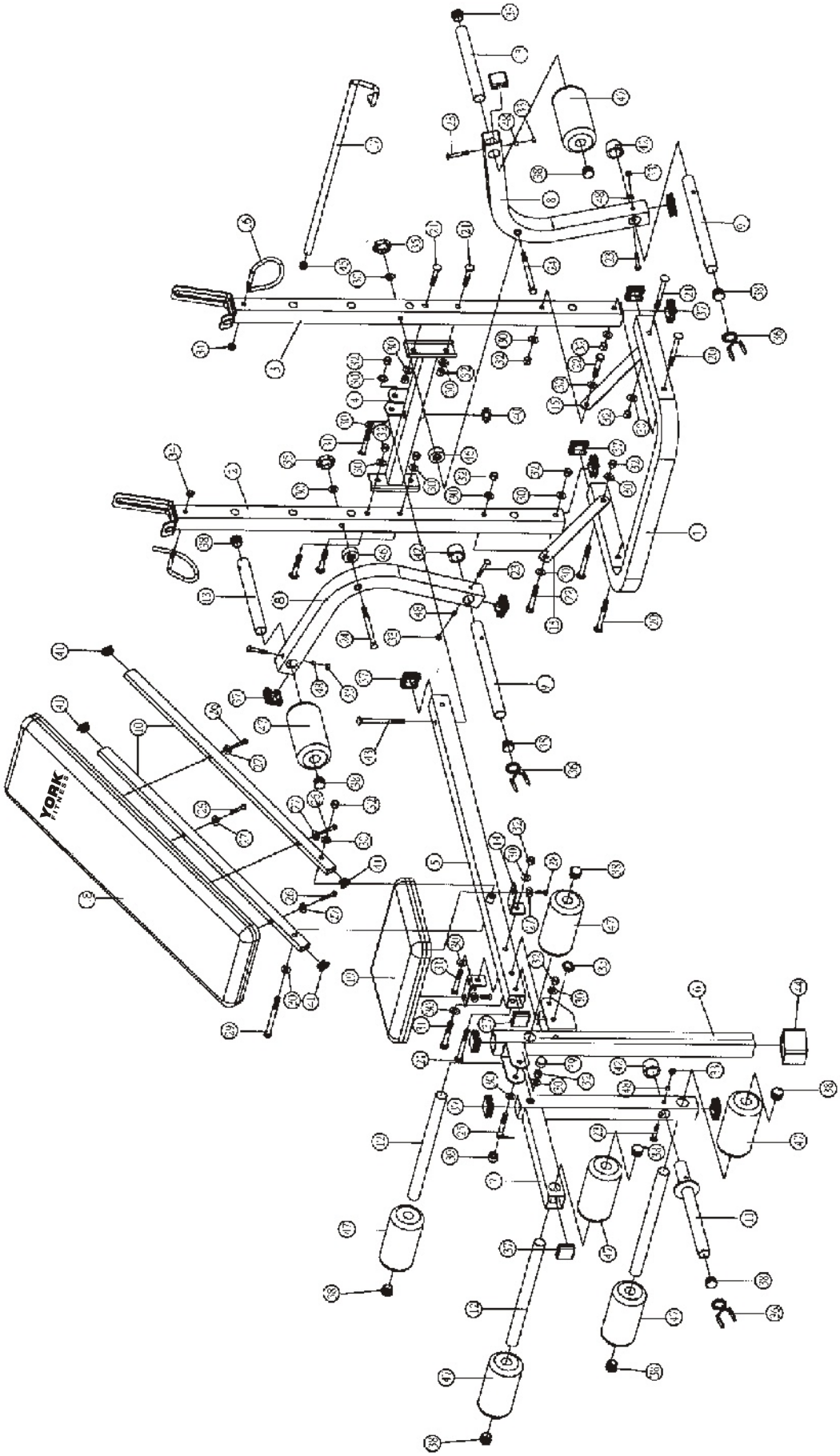
Before folding - Remove any weights.
Remove back rest adjustable post.

Then follow these steps:

1. Remove the Tri-Knob.
2. Remove the carriage bolts.
3. Lift the front leg and fold up your bench
   NOTE: Take care not to trap your fingers in any moving parts.
4. When the bench is upright put the backrest adjustable post in the top hole to stop bench folding down.
5. Replace the Tri-Knob and carriage bolts so you do not lose them.
6. Store the bench safely e.g. away from children.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

EXPLODED PARTS DRAWING



SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY

PARTS LIST

KEY NO.	PART NO.	Q'TY	DESCRIPTION
1	5613-01	1	U-BEND BASEMENT
2	5613-02	1	RIGHT UPRIGHT POST
3	5613-03	1	LEFT UPRIGHT POST
4	5613-04	1	CROSS BAR
5	5613-05	1	SPINE POST
6	5613-06	1	FRONT UPRIGHT POST
7	5613-07	1	LEG UNIT - WELDED
8	5613-08	2	BUTTERFLY ARM
9	5613-09	2	DISC POST
10	5613-10	2	BACK REST SUPPORT
11	5613-11	1	WEIGHT HOLDER TUBE
12	5613-12	3	LEG FOAM ROLLER TUBE
13	5613-13	2	ARM FOAM ROLLER TUBE
14	5613-14	2	L SHAPE FIXING BRACKET
15	5613-15	2	SIDE STRAP
16	5613-16	2	BARBELL HOOK
17	5613-17	1	BACK REST ADJUSTABLE BAR
18	5613-18	1	BACK REST UPHOLSTERY
19	5613-19	1	SEAT UPHOLSTERY
20	5613-20	2	M10 X 88mm CARRIAGE BOLT
21	5613-21	7	M10 X 55mm CARRIAGE BOLT
22	5613-22	2	M10 X 55mm HEX HEAD BOLT
23	5613-23	5	M6 X 45mm CARRIAGE BOLT
24	5613-24	2	M10 X 115mm HEX HEAD BOLT
25	5613-25	1	M10 X 65mm HEX HEAD BOLT
26	5613-26	4	M8 X 40mm HEX HEAD BOLT
27	5613-27	6	8.5mm X 16mm X 1.5mm FLAT WASHER
28	5613-28	2	M8 X 18mm HEX HEAD BOLT
29	5613-29	1	M10 X 110mm HEX HEAD BOLT
30	5613-30	24	10.5mm X 19mm X 1.5mm FLAT WASHER
31	5613-31	3	M10 X 60mm HEX HEAD BOLT
32	5613-32	15	M10 NYLON LOCKNUT
33	5613-33	5	M6 NYLON LOCKNUT
34	5613-34	2	M8 NYLON LOCKNUT
35	5613-35	3	HAND KNOB/FEMALE
36	5613-36	3	SPRING COLLAR
37	5613-37	14	38mm X 38mm SQ. INTERNAL END CAP
38	5613-38	13	25.4mm OD. INTERNAL END CAP
39	5613-39	2	M10 NUT CAP
40	5613-40	1	HAND WHEEL KNOB - M10/ FEMALE
41	5613-41	4	13mm X 26mm INTERNAL END CAP
42	5613-42	3	25.4mm ID. EXTERNAL END CAP
43	5613-43	1	M10 X 100mm CARRIAGE BOLT
44	5613-44	1	38mm X 38mm SQ. EXTERNAL END CAP
45	5613-45	1	16mm OD. INTERNAL END CAP
46	5613-46	2	PIVOT SPACER
47	5613-47	8	FOAM ROLLER
48	5613-48	5	METAL BUSHING/ 8mm X 0.8mm X 8.5mm

YORK BARBELL LIMITED WARRANTY INFORMATION

- **YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year from date of original purchase. In addition, YORK BARBELL LTD. Offer a lifetime frame / chassis warranty.**

- **This warranty covers the product of home/domestic use only, not commercial or rental and it extends only to the original purchaser of the product. The retention of the original sales receipt is necessary as proof of purchase.**

- **York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product correctly as detailed in the manual.**

- **This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by York Barbell Ltd or a recommended service centre.**

- **During the warranty period, York Barbell will at no additional charge, replace parts or repair the product if it becomes defective, malfunctions, or otherwise fails to conform to this warranty under normal, non commercial use.**

- **In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready. If the problem cannot be fixed by sending parts you will need to arrange to send the goods to a York authorised repair centre at your cost. Returns will not be accepted without a written authorization by a York Customer Service Department.**

WARRANTY REGISTRATION

- **It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.**

U.K.	AUSTRALIA	U.S.A.
YORK FITNESS **HELP LINE (8:30am- 16:30pm)** **YORK BARBELL (U.K.) LTD.** CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	YORK FITNESS **HELP LINE (8:00am- 16:00pm)** **YORK BARBELL (AUST.) PTY. LTD.** UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	YORK FITNESS **HELP LINE (8:00am- 17:00pm)** **YORK BARBELL USA.** 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com
CANADA	**TAIWAN**	**Authorized Dealer**
YORK FITNESS **HELP LINE (8:30am- 16:30pm)** **YORK BARBELL CO. LTD.** 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593	YORK FITNESS **HELP LINE (9:00am- 18:00pm)** **YORK FITNESS (TAIWAN) LTD.** ROOM A2 4F, NO.51, GONG-YI ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net	

WARRANTY REGISTRATION

Mail this portion with a copy of your receipt.

Date of purchase .....

Purchased from (name of retailer) .....

Item Purchased .....
(see front cover of manual)

Name .....

Address .....

.....

Telephone number .....

YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF OF THE ORIGINAL PURCHASE.

This can be the receipt, invoice, delivery note or internet confirmation.

MAIL THIS PAGE TO YOUR LOCAL YORK DEALER

U.K.

YORK FITNESS

HELP LINE (8:30am- 16:30pm)
YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

AUSTRALIA

YORK FITNESS

HELP LINE (8:00am- 16:00pm)
YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: service@yorkfitness.com.au

U.S.A.

YORK FITNESS

HELP LINE (8:00am- 17:00pm)
YORK BARBELL USA.
3300 BOARD ROAD.
YORK, PA 17402
TEL: +1-717-767-6481
FAX: +1-717-764-0416
E-MAIL: info@yorkbarbell.com

CANADA

YORK FITNESS

HELP LINE (8:30am- 16:30pm)
YORK BARBELL CO. LTD.
1450 S. SERVICE ROAD WEST,
OAKVILLE (TORONTO), ONTARIO,
CANADA L6L 5T7
TEL: (905) 827-6362
FAX: (905) 827-9593

TAIWAN

YORK FITNESS

HELP LINE (9:00am- 18:00pm)
YORK FITNESS (TAIWAN) LTD.
ROOM A2 4F, NO.51, GONG-YI ROAD,
SEC. 2, TAICHUNG CITY, TAIWAN
TEL: +886-4-2319-3448
FAX: +886-4-2319-3449
E-MAIL: yorktwn@ms25.hinet.net

Authorized Dealer

PLACE
STAMP
HERE

YORK
FITNESS

PLACE
STAMP
HERE

PLACE
STAMP
HERE

PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip/Postcode** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total value of order	$

Send your order to:

YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY, NORTHANTS,
ENGLAND, NN11 4YB

PLACE
STAMP
HERE

YORK
FITNESS

PLACE
STAMP
HERE

PLACE
STAMP
HERE